



Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

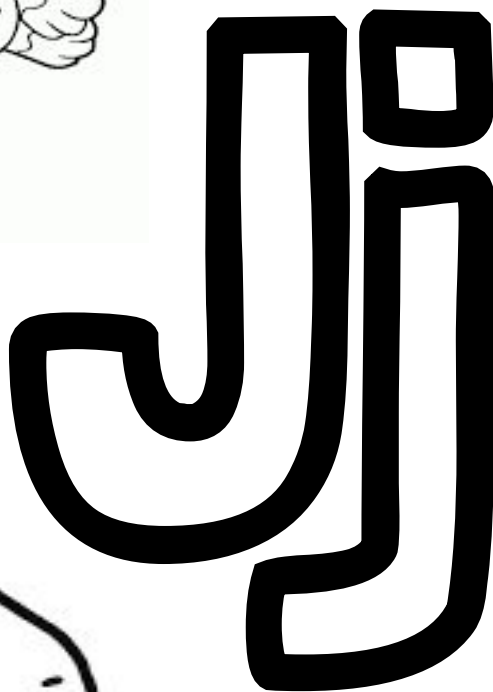
Using the letter



JAGUAR



JELLYFISH

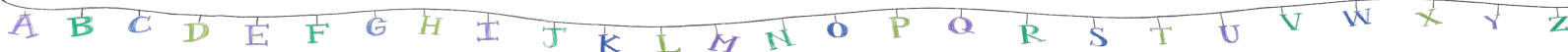


JICAMA



JACKFRUIT

to be more healthy

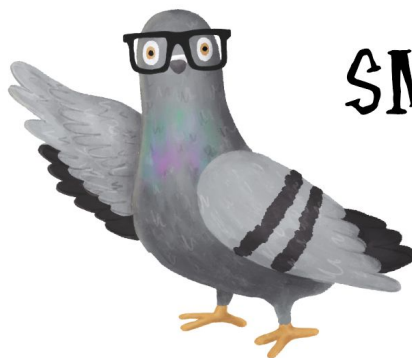




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Jj



SMED

makes his brain healthy by **jotting** down words that start with "J".

Trace and write these words two times each.

just just

jump jump

Can you color in the boy **jump** roping?



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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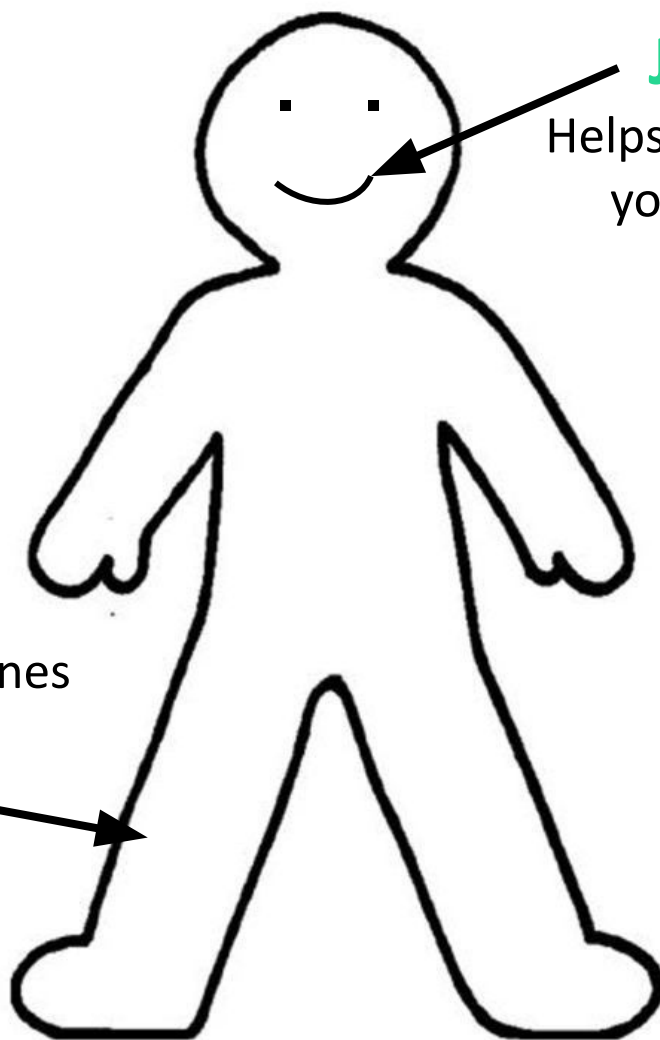
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Jj



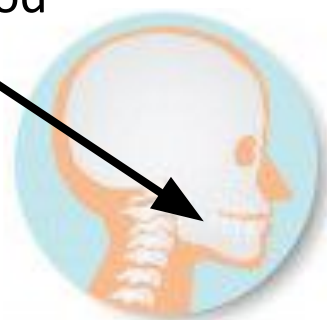
SMED'S Science Lesson:
Anatomy with the
Letter **J**!

Many parts of your body start with the letter **J**.



Jaw:

Helps you chew
your food



Joints:

where two bones
meet



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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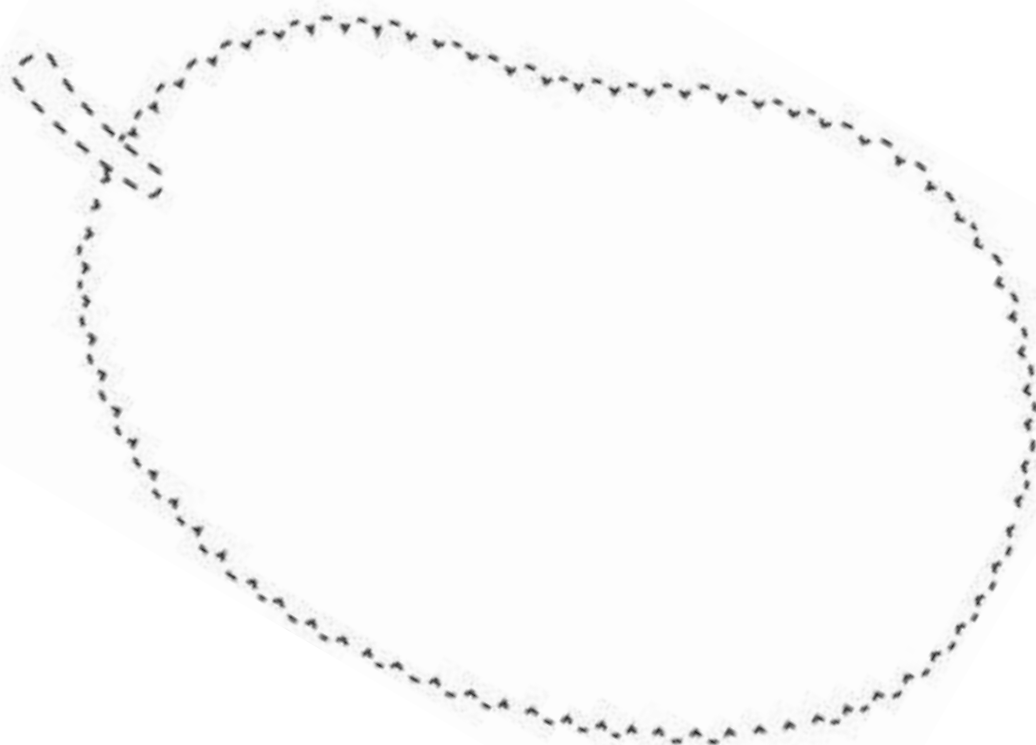
BERRY

uses the letter **J**
to be healthy by
eating **jackfruit**.



Jackfruit

Trace and color in the **jackfruit**.




A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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BROC

uses the letter **J** to be healthy by eating **jicama**.

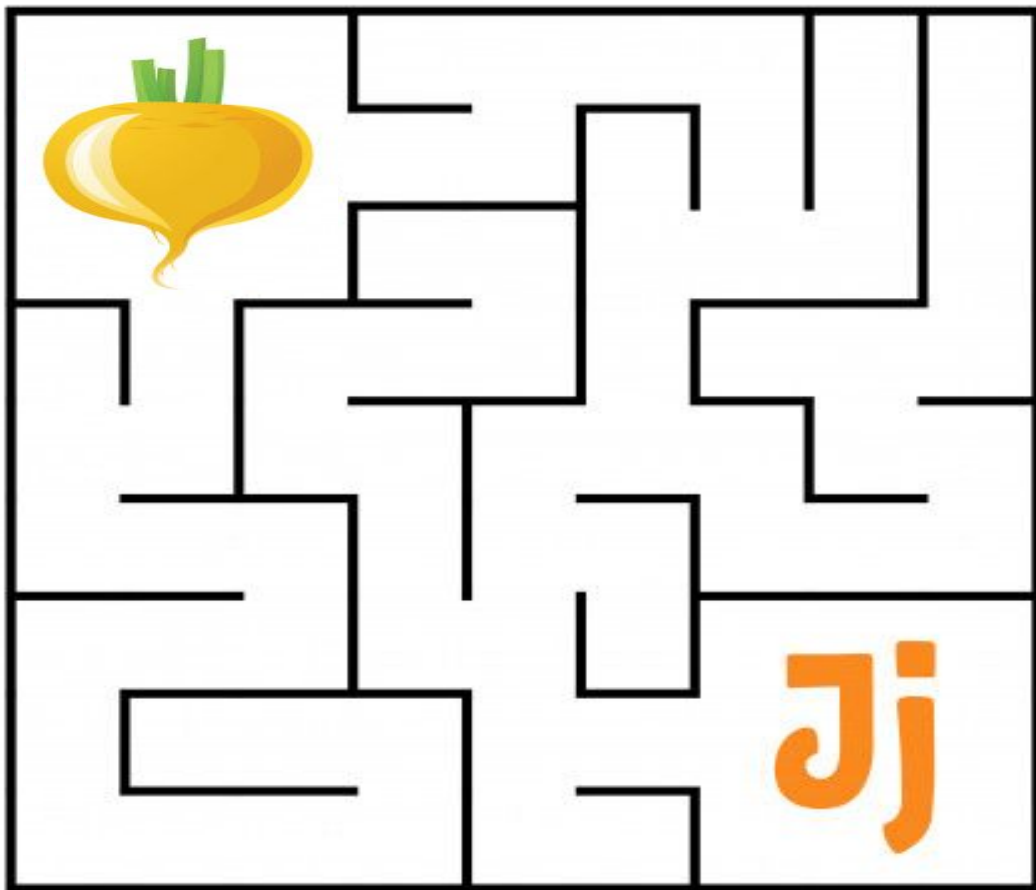


Jicama



Jack O' Lantern

Help the **jicama** get to the letter **J!**



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



Jj



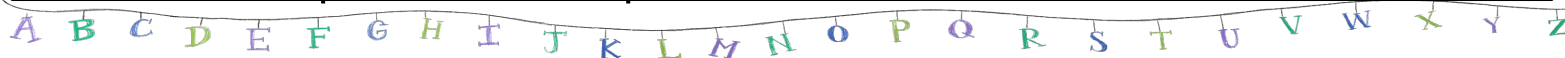
Jump Roping



Jumping Jacks

Color in how many **jumping jacks** you can do!

1	3	5	7	9
2	4	6	8	10





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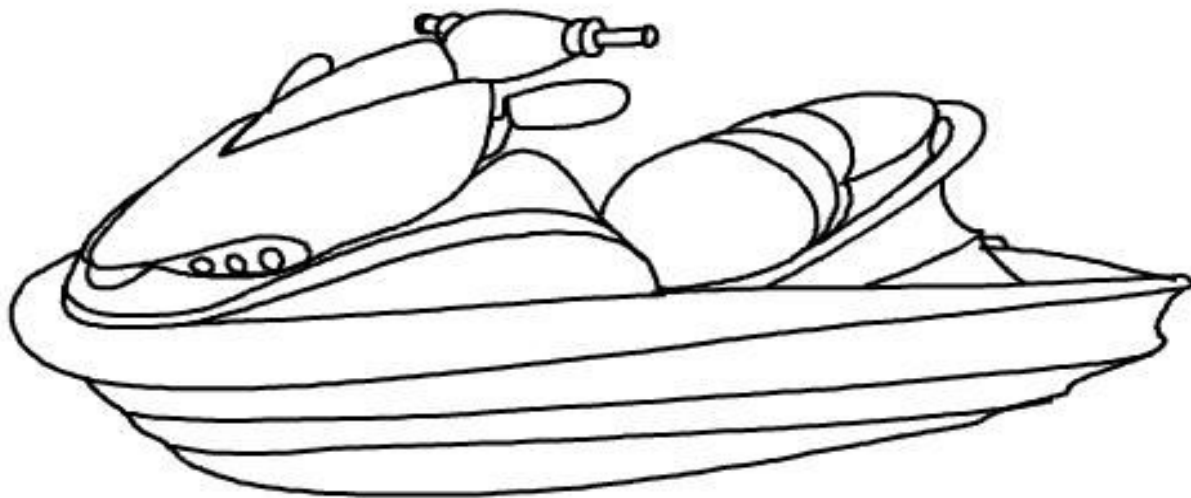
Jj



AGUA

uses the letter **J** to be healthy by going **jet** skiing.

Can you color in the **jet** ski?



WARNER



When you go **jet** skiing, be sure to wear a life **jacket** for safety.


A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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Jj



WARNER
uses the letter **J** to be healthy by knowing what **jobs** have trusted adults.

If you ever need to find a trusted adult, there are some **jobs** where you can trust all the adults who are there.



Doctors



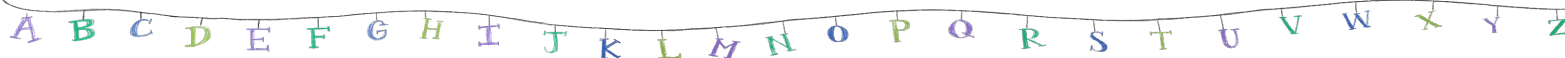
Teachers



Police

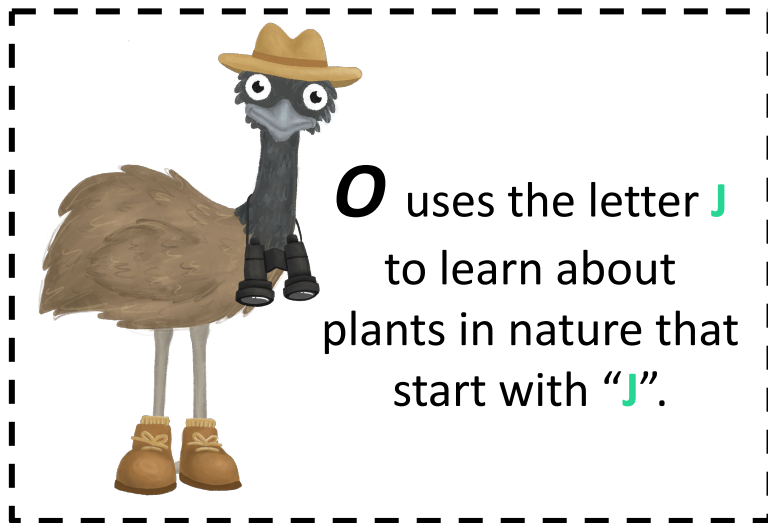


Parents





Jj



O uses the letter **J** to learn about plants in nature that start with "J".



Juniper



Jonquil
(aka daffodil)

Color in the **jonquil!**



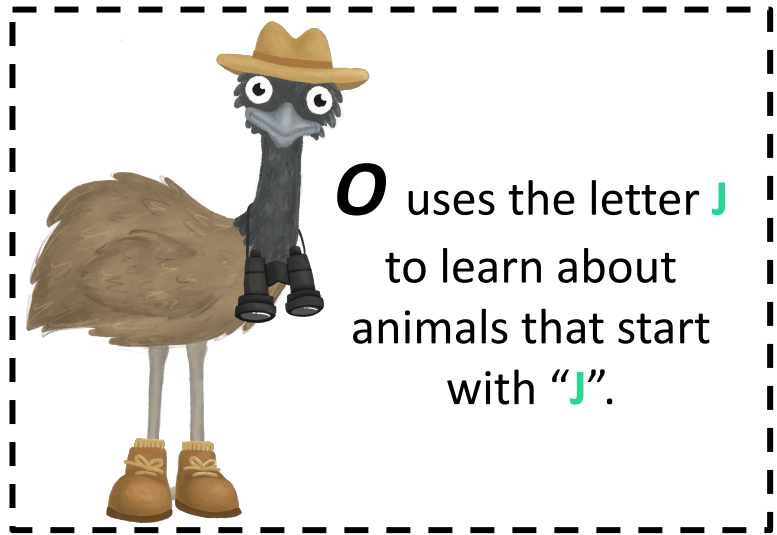
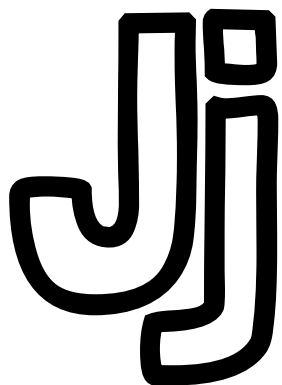
Jasmine





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O uses the letter **J** to learn about animals that start with "J".

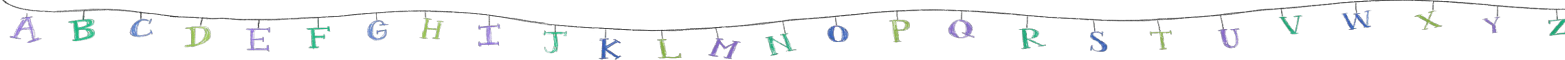
Help the **jaguar** and the **jellyfish** get to their homes!



Jaguar



Jellyfish





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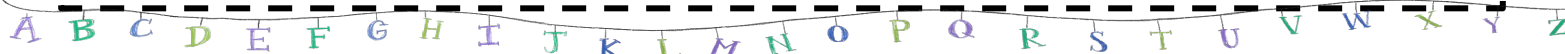


Pathy uses the letter **J** to be healthy by **joining** groups and making friends.



What are three places where you can **join** a group?

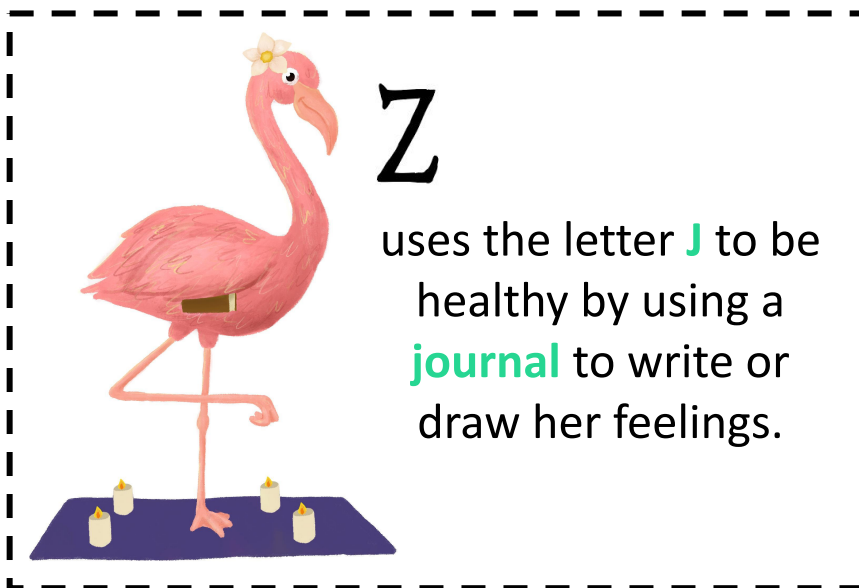
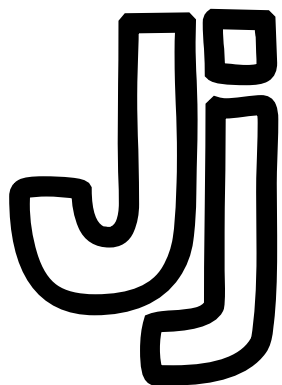
- _____
- _____
- _____





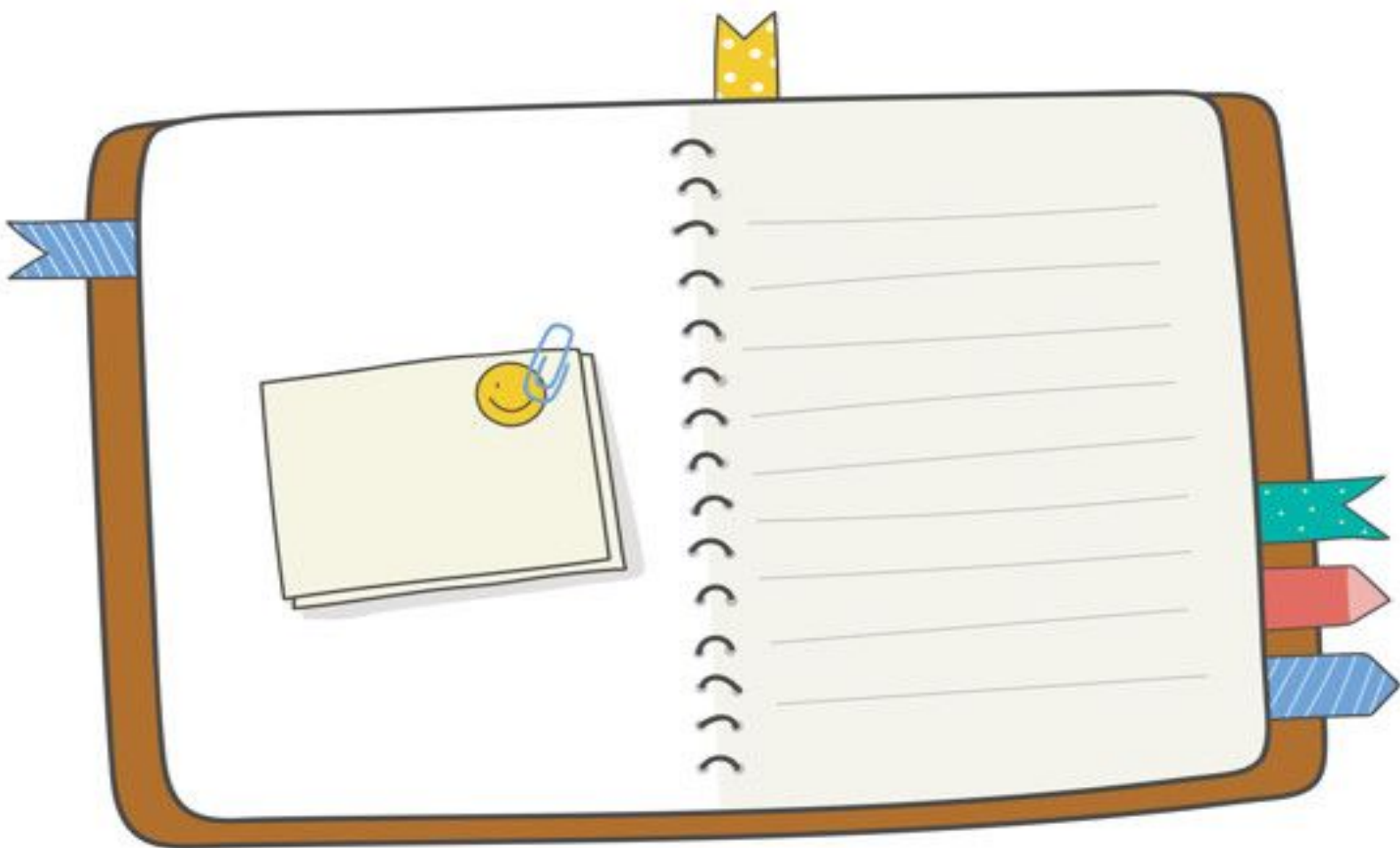
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uses the letter **J** to be healthy by using a **journal** to write or draw her feelings.

Jot down your thoughts!



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

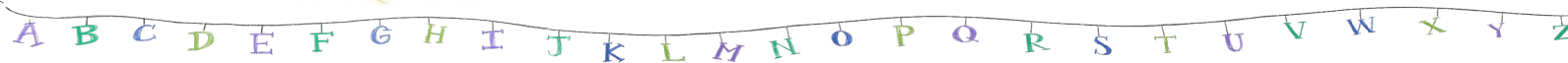
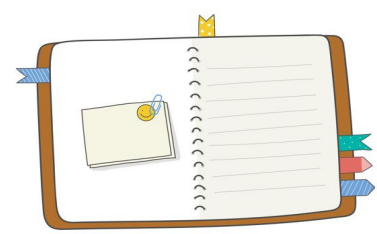
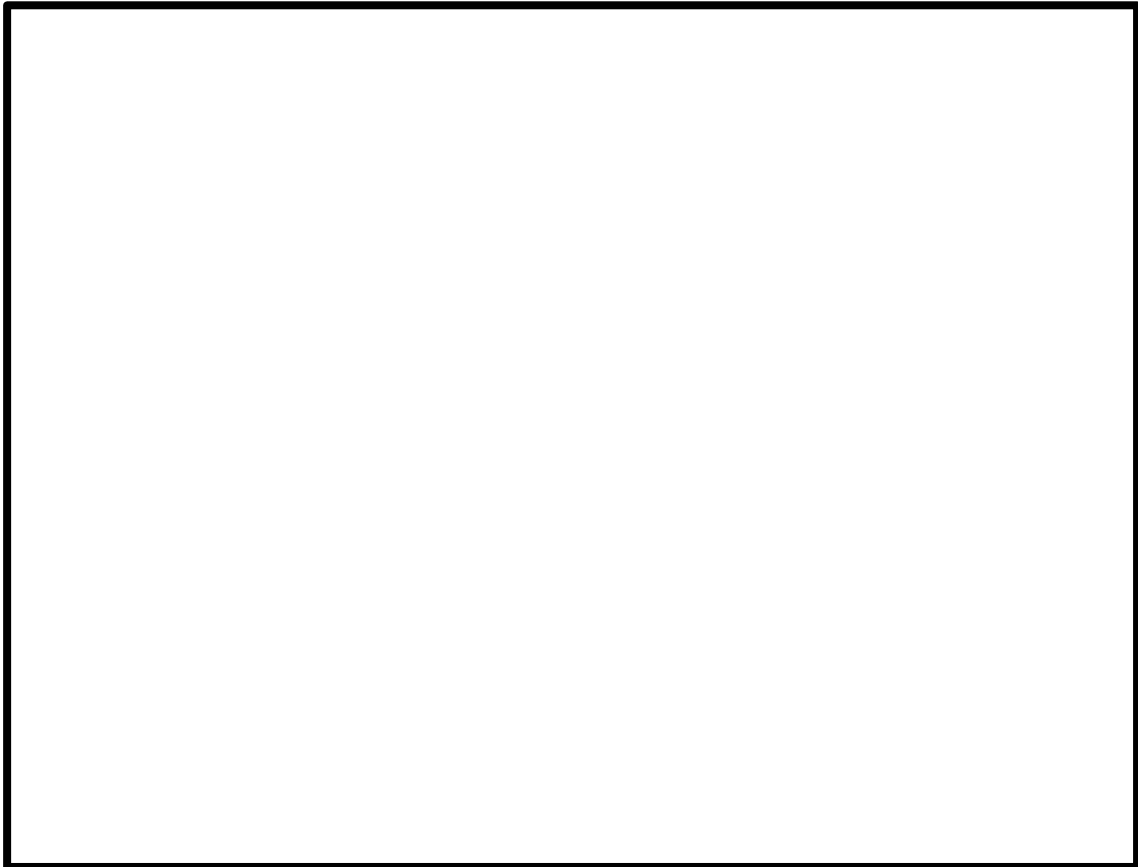


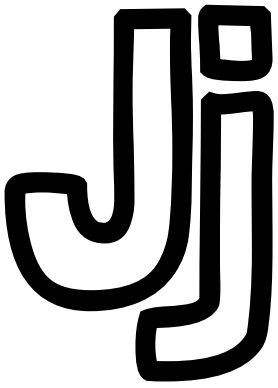
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Jj

Can you draw a picture of how you're going to use the letter **J** to be more healthy?





Health Standards

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2.N Identify a variety of healthy snacks
- 7.1.N Select nutritious snacks
- 1.4.G Identify trusted adults who promote healthy growth and development (e.g., physicians, nurses, dentists, and optometrists).
- 1.5.G Name body parts and their functions.
- 3.1.S Identify trusted adults who can help in emergency situations.
- 1.2.M Describe the characteristics of families.
- 1.3.M Identify trusted adults at home and at school.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 8.1.M Encourage others when they engage in safe and healthy behaviors.
- 1.5.P Identify practices that are good for the environment, such as turning off lights and water, recycling, and picking up trash.

